

# WINTHROP

## SUN TRANSCRIPT

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good health  
& great times in  
2020*

**THURSDAY,  
January 2, 2020**

ANNUAL SANTA RIDE THROUGH THE TOWN

## New Town officials to be sworn in Jan. 6

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**INDEPENDENT**

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Newspaper Group  
**NEWS Brief**

### KEEPING HAPPY AND NOT SAD DURING WINTER

Winter is one of the hardest times of the year for many, and feelings of sadness, loss, or isolation are very common especially among older adults. The holidays are over, the days are cold and short, less light for Vitamin D, there are fewer nutrient-rich foods around and it's harder to get exercise than in the nice months. It's all a recipe for high anxiety and suffering from a type of depression called Seasonal Affect Disorder, or SAD.

People suffering from SAD can set themselves into a depression, which is the most common ailment in those aged 60 and over. Mystic Valley Elder Services clinical team offers some positive steps that may help you feel healthier this winter.

Acknowledge your feelings and let yourself off the hook. It is okay not to feel

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Santa arrived in Winthrop Christmas Eve in his usual style, atop a Winthrop Fire Engine, as he made his way through the Town, wishing children and parents alike a Merry Christmas and a good holiday season. See more photos on Page 6.

By Kate Anslinger

On Jan. 6, 2020, the new town officials will be sworn in at the Arthur T. Cummings School at 6 p.m. Town Manager Austin Faison will kick off the ceremony with opening remarks followed by remarks from Senator Joe Boncore and Speaker of the House Robert DeLeo.

Town Clerk, Carla Vitale will swear in the officers in the following order:

Housing Authority Member **Richard D. Honan**  
Housing Authority Member **Frank R. Ferrara**  
Library Trustee **Denise V. LoConte**  
Library Trustee **Ronald E. Bergman**  
Library Trustee **Nancy E. Giuffre**

Library Trustee **Two Years Laura Marie Barrett**  
School Committee Member **Valentino Capobianco**  
School Committee Member **Suzanne Swope**  
School Committee Member **Augustus D. Martucci**  
Precinct 1 Councillor **Richard H. Ferrino**  
Precinct 2 Councillor **James Letterie**  
Precinct 4 Councillor **Barbara T. Flockhart**  
Precinct 6 Councillor **Stephen M. Ruggiero II**  
Councillor At-Large Two Years **Robert A. DeMarco**  
Councillor At-Large Four Years **Tracey Honan**

Following the ceremony, Council President Philip R. Boncore, will share some remarks and invite family and friends for refreshments.

## As the decade comes to a close, we look back at Winthrop through the year

For the residents of Winthrop, 2019 will go down as year that saw new faces in the elected offices, and three of Winthrop's key civic leaders passing away. And Mother Nature did not spare the snow and wind, however damage was mostly minor.

Winthrop lost three civic leaders in 2019. On Jan. 6, Precinct 1 Councillor Michael McDuffee died suddenly at age 62 from a stroke. Town Council President Ron Vecchia recalled McDuffee as a Councillor who shared ideas and opinions about making Winthrop a better place to live.

On Jan. 24, Winthrop Police Detective Michael Delehanty lost his battle to a cardiac condition at age 58. Delehanty was characterized as a strong yet gentle street cop with a fierce loyalty to the citizens of Winthrop.

On March 7, Robert Driscoll, a member of the Airport Hazards Committee died at age 89. Driscoll was remembered by Speaker of the House Robert DeLeo



The six-person Quiz Bowl team from Winthrop was awarded citations for placing first against 11 other schools. Winners are seen holding up their awards alongside school committee members and team coordinators, Chris Farnsworth and Amy Gallagher. Quiz Bowl team pictured: Alex Daigneault, Ben Prew, Chris Rainey, Kate Dickinson, John Tracy, and Christian Buonopane.

as, "a man who put the interests of the people of Winthrop first." Driscoll was a member of the Winthrop Planning Board, the Holy

Name Society, a Boy Scout leader and weekly collector at St. John the Evangelist Church.

On the local political

scene, residents saw the passing of the political torch to new members.

During the year, one councillor resigned while

three others decided not to seek re-election.

On June 20, Precinct 6

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The Winthrop Art Association celebrated 50 years of creatives coming together in April during their annual Spring Show; pictured above are Richard Honan, with his mixed-media piece, and grandson, Christopher Rodriguez.



Winthrop High School graduated 156 seniors in the Class of 2019 — above, Katerina Thano, Grace Smotrich, Brandon Preble, Fatima Tufa and Caroline Zuffante show off their decorated caps at the graduation ceremony.

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WINTHROP POLICE BLOTTER

**Monday, Dec. 16**

A 41-year-old male in a altered mental status. Party does not appear safe. Called in by Social Worker.

**Tuesday, Dec. 17**

Party came in to report someone entered her unlocked motor vehicle and stole a minimum amount of change.

Party called to request assistance regarding her daughter. A victim/witness form was emailed to her. She will complete it and return it.

Caller states his vehicle was hit by another vehicle that left.

Caller stated she was waiting to have company drop off a fridge and the caller states the worker called his boss and said she hit him. After speaking to officer – it is a misunderstanding.

Party came to the station to report a package missing from her porch. Party reports that the company delivered the package on Nov. 20. Package was seen by the first-floor residents

as delivered but when party returned after being away the package was gone.

**Wednesday, Dec. 18**

Party came in to report his identity has been compromised. Report submitted.

Woman came into station for assistance with a child safety seat. Seat was installed and inspected.

Person is disabled and wanted to report sidewalk in front of this residence was not shoveled.

Caller states he would like a well-being check on his mother. He was on the phone with her and the phone went dead. Female is fine, and she will call her son back.

Citation issued for an unregistered vehicle, with tinted windows, expired registration and verbal for the other infraction.

Well-being check on father in law not answering the door. Car is in driveway, lights are off, dog is barking. Caller said he has been there for a while banging on the door and is very concerned. Person called back

stating father in law opened the door.

**Thursday, Dec. 19**

All businesses are closed for the night. All is quiet.

Homeless party in the ATM, male with blankets, concerned for well-being. 91 transporting party to Orient Heights.

Party reports she is a nurse and thinks a family member just stole her iPad with all her patients information. Police spoke to party and got the tablet back.

Two-car motor vehicle accident across from Expert Auto. White Mazda and Chrysler van. No Injuries.

Party called to report neighbor's windows have been open for 24 hours. Afraid for well-being. 92 Spoke with party everything is ok.

Passenger in vehicle was filming officers while at a motor vehicle stop, along with saying a few choice words to officers.

Caller states an older model Silver RAV 4 is following. Caller is scared to go home. Vehicle has been following her for 20 minutes.

Female party stated vehicle stopped following her. She is going home.

**Friday, Dec. 20**

Caller states his neighbor has been playing loud music since 9 p.m. and it is still ongoing. Units clear. Unfounded.

Anonymous caller reports there is a male party causing a noise disturbance by throwing things into the bed of his truck. Units made aware and will check. Noise was due to cold engine attempting to warm up.

Man's car door was open and stuff was thrown around and his wallet was stolen.

Hit and run. Female caller will be at her home to receive police. Her vehicle was parked out front of her address.

MV crash at the intersection outside of the station. All units responding. No serious injuries both operators shaken up.

Engine 1 requesting to move a motor vehicle they cannot get by due to the vehicle being in the way. The

vehicle has been tagged.

Football field behind the high school has a group of kids. The gates were left open. Vehicles drove away from the field as the 91 was pulling up to the scene. Group of teenagers went into the stadium to just run around.

**Saturday, Dec. 21**

Verbal argument between a cab driver and a patron about a fare. Fare has been paid all parties involve satisfied.

Dumpster fell off truck and is in the middle of Revere Street Unit reports there is space for traffic to pass.

Female party walked into station to report harassing call from her boyfriend and would like to make contact with the boyfriend to advise him to stop all contact with her. She will return to file a complaint if she continues to receive calls.

Party came in to report harassing texts from her ex-husband in New Hampshire concerning child support and visitation with his daughter. She wants this

logged so that she can seek a harassment order.

Party came into report he was involved in a minor vehicle accident in the Dunkin' (Donuts) parking lot. Both parties exchanged information.

Male party wearing a hat and has a gray beard and a dark winter coat laying on the ground and then jumped up and walked off.

Person would like to report a wallet she left on the bus. Units will check with bus driver.

Male party knocking randomly on doors. Party off to the Whidden. Male party is homeless.

**Sunday, Dec. 22**

Caller states neighbor is playing loud music. Caller also states the party may have a scanner because when an officer goes in area, he turns it down.

Caller complains construction workers making too much noise. 92 states they spoke to workers.

Male party of legal age, store employee believes he is purchasing alcohol for a minor.

Year in Review //CONTINUED FROM PAGE 1

Councilor Linda Calla announced that she would not seek another term after 14 years. Calla was one of the longest serving councilors.

Citing that he will no longer be able to fulfill his duties, freshman Councilor at-Large Michael Lucerto resigned from the council in early June.

On Aug. 1, Precinct 4 Councilor Heather Engman announced that she would not seek re-election.

And on Sept. 10, Council President Ron Vecchia announced that he would not seek re-election. Vecchia, 72, cited his decision to spend more time with his family.

With several seats open, first time candidates for offices were elected in November. Barbara Flockhart was elected to Precinct 4 Council seat and Tracey Honan was elected as Councilor at-Large. Stephen Ruggiero was elected as Precinct 6 Town Councilor as was Richard Ferri-no as Precinct 1 Councilor.

A single-use plastic bag ban will take effect in Winthrop in 2020. Winthrop joins 122 cities and towns in Massachusetts to ban

plastic bags.

Longtime pharmacy fixture, Brown's on Winthrop Street officially closed its doors on June 13. The pharmacy had be operated for the last 35 years by Ofilos family. Harry Ofilos operated the pharmacy until his death in 2017. Brown's was known for its friendly staff, having Kane's Donuts on a daily basis and its functioning soda fountain complete with coffee and ice cream.

The Valkyrie, Winthrop's ferry returned to service on August 11 after two months of being dormant due to engine problems. More than a 160 riders during the the day used the ferry.

Town officials are following the state example by banning smoking in public places such as Yirrell and Donovan Beaches. Smoking was already prohibited on Winthrop Shore Drive Beach since it is managed by the Massachusetts Department of Conservation and recreation.

Strong winds made a fire at 155 Pauline St. much

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The U14 Winthrop Girl's Hockey State Championship Team and their coaches joined the Boston Bruins at Logan Airport on Tuesday, March 26, for the opening of the new Bruins Bar. Here, the girls and their coaches Mike Morris (far left) and Dave Talent (third from right) join with Winthrop Town Council President Ronald Vecchia (second from left), Bruins players Kevan Miller (#86) and Sean Kiraly (#52), Bruins Legacy players John Bucyk and Cam Neely, as well as Massport officials and other dignitaries, and of course Blades The Bruin.



Shown above in Brown's Pharmacy, Thomas Navaro and Glenn Calla sit at the counter. To the right, Brown's Pharmacy where it stood at 214 Winthrop St.



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A group of STEM-centric students in Winthrop banded together with a goal at the start of the school year: Start a Robotics Club. And they did just that with the help of Middle School STEM director Rosemary McCarthy. Shown above are Trinity Rist (junior), Elizabeth Collins (junior), Max Correia (sophomore), Kevin Webber (sophomore), Jude Heberlein (sophomore), Ayat Walid (sophomore), Trevor Franklin (freshman), Leo Correia (Grade 7, junior member), and STEM Director Rosemary McCarthy and the three mentors: Paulo Correia, Rick Bryan, and Keith Heberlein.

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PHOTOS BY SUE ELLEN WOODCOCK

After decades of talking about an Irish Famine Memorial at Deer Island, where 850 men, women and children perished from 1847-1850 a group of local men with Irish in their blood got together and created the memorial – a 16-foot Irish cross overlooking Boston Harbor. It was dedicated Saturday, May 25 during a well-attended ceremony on Deer Island.



PHOTO BY KATE ANSLINGER

Addie McDuffee drops the puck for Keith McNeff and Kevin McGee to kick off the I Like Mike hockey tournament last Saturday, March 16. The tournament was in memory of Precinct One Councillor Mike McDuffee, who died unexpectedly on Jan. 6. Addie is his granddaughter, and wore the scally cap in McDuffee's memory as well. Shown to the right, Bob McDuffee and Anthony "Zibby" Puleio show off the "I Like Mike" hockey pucks.

## Year in Review // CONTINUED FROM PAGE 2

more difficult to extinguish. Firefighters from Chelsea, Revere and Massport aided in putting out the blaze. Damage was in excess of \$250,000.

Mother Nature was not entirely on vacation in 2019. The first snowstorm happened over Martin Luther King Holiday Week-end and brought more ice than snow. As a result schools were closed due

to the icy conditions. On March 4, residents dug out from a storm that dropped more than 10 inches and cancelled schools.

And on July 3, strong winds clocked at 73 miles per hour hit Winthrop damaging boats and taking down tree branches.

These were some of the stories that made the news in 2019.



Winthrop was well represented at the White House on Thursday, May 9, as the President hosted the 2018 World Series Champion Boston Red Sox. From L-R Winthrop Police Officer Andy Biggio, Ed Cash, Meghan Chavis, Michael Chavis, Carrie Grainger from Fox Sports and Patrick Lally also with Fox Sports.

## News Briefs // CONTINUED FROM PAGE 1

cheerful all the time.

Reach out. Being alone and lonely are not the same thing but if you are feeling particularly isolated, please seek out your community. Book clubs, activity groups in your building, senior centers, volunteering, and civic or religious organizations are good places to start. Broaden your friendships.

Do not abandon healthy habits. Be kind to your body and mind by maintaining your self-care practices. Eat well and get plenty of sleep.

Take a breather. Make some time for yourself. Even if you spend plenty of time on your own, dedicating time to spend on yourself will help you return to yourself.

Seek professional help if you need it. You may find it empowering to face the winter with your own health and well-being in mind. However, despite your best efforts, you may feel persistently sad or anxious, unable to sleep, and dismayed by even routine tasks. If these feelings last for a while, ask for help.

If you need professional help, Mystic Valley Elder Services operates a Mobile Mental Health program for older adults who need professional mental health services but are unable to leave their homes for treatment or counseling. Through its Mobile Mental Health program, clinical caseworkers provide outreach to elders experiencing mental-health conditions that impact their functioning and ability to get their needs met. To find out more about this program, call us at 781-324-7705.

### FIRE MARSHALL RELEASES CHRISTMAS TREE SAFETY TIPS

With Christmas officially in the rearview, the State Fire Marshal is alerting citizens to fire safety tips regarding Christmas trees.

Officials say that the holidays are a peak time for home fires caused by unattended candles and space heaters, electrical problems with worn lights, and dry Christmas trees.

"A dry Christmas tree is extremely flammable," said State Fire Marshal. "These types of fires can turn deadly within seconds, allowing little time for escape. Check your tree's water every day. Don't risk the chance of fire and the loss of family, friends or your home."

The top three days for home candle fires occur on Christmas Eve, Christmas Day, and New Year's Day. In several cases, the fires result from people falling asleep or leaving their home with unattended candles left burning.

As a result, residents are urged to keep candles away from the tree, decorations, curtains, and furniture that

can catch fire.

Citizens are also encouraged to practice the following safety tips:

Choose a fresh tree, water it daily, and place it away from exits and at least three feet from any heat source (fireplaces, radiators, candles, heat vents or lights).

Never decorate your tree with lit candles; use lights that are listed by a qualified testing laboratory for indoor or outdoor use.

Any string of lights with worn or broken cords or loose bulb connections should be replaced; read the manufacturers' instructions for the maximum number of light strands to connect and don't overload electrical outlets or electrical outlet strips.

Always turn off tree lights and extinguish candles when going to bed or leaving your home.

A dry Christmas tree can fully ignite in less than a minute, according to a video shared by fire safety officials.

Citizens are also encouraged to take all precautions relating to smoke detectors by:

Checking each smoke

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# Winthrop

## SUN TRANSCRIPT

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## OUR Opinions

### A NEW YEAR, A NEW DECADE

The arrival of a new year -- especially when it is the start of a new decade -- marks a time of reflection for all of us.

We pause to think back to the decade that has come and gone, and wonder too, what our lives will be like 10 years from now.

Each of us ponders the questions, “Where have I been? And where am I going?”

The latter asks us to foresee the future, which by definition is an impossible task. Though we may make our best guess to predict what may lie ahead -- and to plan accordingly -- none of us has a crystal ball. The vicissitudes of life more often than not throw us curve balls that lay waste to even the best-laid of our plans for the year -- let alone the decade -- to come.

However, coming up with an answer to the former question can be equally difficult. It requires both introspection and understanding, two qualities that are in short supply in our hurried lives. We barely have enough time to do all the things we need to do every day, let alone to try to figure out how we got to where we are, wherever it is we may be.

Life does not take a time-out. The years -- and decades -- will continue to march on. While we, individually and collectively, may have some control over our future, all of us inexorably will be swept along by the currents of time and fortune that will bring us to a destination that none of us can foresee.

In the spirit of a new year -- and a new decade -- we offer our readers the enduring words of the poet Alfred Lord Tennyson:

Ring out the old, ring in the new,  
Ring, happy bells, across the snow:  
The year is going, let him go;  
Ring out the false, ring in the true.

### HAVE A HAPPY -- AND SAFE -- NEW YEAR

Celebrating the New Year requires all of us to make sure not only that we ourselves do so safely, but also that we are vigilant regarding the safety of others.

Although most of us these days take precautions to ensure that we do not operate a motor vehicle while under the influence of alcohol (or anything else) on New Year's Eve -- whether by means of having a designated driver, or using Uber, or staying overnight in a hotel -- there still are too many among us who will get behind the wheel of a car after having had too much to drink.

The most important thing we can do at an individual level is to prevent our friends and loved ones from becoming another tragic story in the morning news by taking their keys or offering them a ride home if they appear incapable of driving soberly and safely.

New Year's Eve can be a time of joy -- it is up to all of us to make sure it does not turn into a tragedy.

We wish all of our readers a happy, healthy -- and safe -- New Year.

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# Forum



HAPPY NEW YEAR ~ 2020

GUEST OP-ED

## The New Year's Noise Diet: Why you should cut the empty 'brain calories' in 2020

By Joe McCormack

If you're like most of us, you overindulged a bit too much in 2019. No, not on calories (well, maybe those too!), but on “noise.” That's the name for the dizzying onslaught of information from work emails, app notifications, the 24/7 news cycle, social media updates, and other forms of screen time that leaves us unable to focus, listen, or do deep work.

A smidgen of noise now and again is okay. (We all have our guilty pleasures!) But consuming it mindlessly, all day long, is as bad as keeping a bag of chips, a monster-size soda, and a can of frosting at our desk and reaching for them every few minutes.

Too many empty brain calories won't make you fat but they will make you mentally anemic. Noise keeps you in a constant state of distraction. And like actual junk food, a high-noise digital diet is addictive, yet it never satisfies or nourishes you.

The real problem with giving into noise temptation isn't what you're doing; it's what you're not doing. You're tuning out what really matters. You're skimming the surface. When you're scrolling Facebook, for instance, you aren't learning a new language, refining that career-changing presentation, or engaging with your kids in a meaningful way.

The new year is the perfect time to put yourself on a noise diet. To help with your calorie count, let's take a look at what noise junk food looks like:

The irritating—yet addictive—parade of social media stock characters in your newsfeed. This band of noisemakers assaults your brain with their cries for attention. For instance:

- The humble bragger. Your college rival who subtly slips into her post that she just got another promotion at her swanky company. #blessed #gag

- The cryptic drama-stirrer. That self-righteous friend who calls out people anonymously for perceived slights or makes vague

“poor me” pity posts. (Cue the wave of very concerned commenters.)

- The over-sharer. We don't need a play-by-play of your colonoscopy. Thanks.

- The drop-of-a-hat rant-er. Whose day would be complete without a furious recounting of how the barista screwed up your nonfat, dairy-free, double-shot, decaf, extra-hot mochaccino with extra foam? The nerve!

- The overly zealous kid promoter. Yes, yes, we know Junior is the smartest, cutest, cleverest tot around—your other 15 posts this week made that perfectly clear.

- The amateur political pundit. Do not engage...just don't.

Dumb@\$ shows on TV. You don't need to waste your precious attention span watching Jerry Springer, B-list celebrity lip-synch contests, or those morning talk shows. Substance-free television combined with the lure of a cozy couch can quickly turn into a lost day or evening.

The 24/7 news carousel-of-darkness. Sadly, most news is bad news, and during a controversial election year it can also be fodder for controversy, vitriol, and the loss of civility with friends, family, and neighbors. (Hint: You don't need to totally disengage, but it's good to be discerning about what you let in—and about how often you engage in debates with the people in your life.)

Your work email. Your boss just had to email you at 9:30 p.m....again. The moment you jump out of the bath to write back is the moment work email becomes yet another source of noise.

Are you feeling that noise hangover settle in? Don't worry, you can kick off the new year with a different kind of diet—one that cuts the empty “brain calories” of digital distraction and gives you what you're really craving: a more intentional life. Join my “Just Say No to Noise” Movement and tip the scales in the other direction. A few suggestions:

Try going a week without social media. (We promise, you'll survive.) A

short detox from social media is a pretty painless way to unplug and reclaim a lot of lost time. When the week is over, you can see if you even want to go back to occasional scrolling.

Reduce temptation by “hiding” distracting devices from yourself. Okay, you probably can't hide your computer but you can shut the office door. As for cell phones and tablets, treat them like what they are: gateways to digital distraction (and it is a very slippery slope). Find an out-of-the-way place to charge and store your devices so you're not constantly reaching for them.

Break the idiot-box “background noise” habit. It's easy to mindlessly turn on the TV when you get home. Problem is, it's broadcasting non-stop noise into your work-free hours. Instead, plan a time to watch your favorite shows. Daily exposure to the depressing litany of pain and conflict we call “news” isn't making your life better. Neither is watching the “Fatty McButterpants” episode of King of Queens for the 50th time. (Okay, we admit that one is pretty funny.)

Set some work/life boundaries with the 7-to-7 rule. The company won't crash if you stop answering emails around the clock. After 7 p.m., put away your devices for the night. Don't pick them up again until 7 a.m. the next day.

Insist on phone-free family dinners... Yes, the kids might whine at first, but soon enough they'll get used to conversing with the out-of-touch “Boomers” and “Karens” at the table.

...and screen-free family fun days. For instance, make video games and TV completely off-limits every Wednesday and Friday. Yes, even if the kids swear they have no homework. Instead, do something fun or productive as a family. Play a board game. Go bowling or skating. Cook a great meal together. Volunteer at the local animal shelter. Heck... maybe even read.

Learn to save your “appetite” for the stuff that really matters... Your “appetite” is really your attention span, and it's your most precious resource. Filling

up on headlines, emails, and social media means there's little left over for doing the deep and meaningful work that helps you reach big goals at work and in your personal life. Before you cozy into an hour of lurking on your ex's Facebook page, close the laptop and find something productive to do.

...and choose some meaningful goals to pursue. When you are able to sharpen and aim your focus, you can do some pretty impressive &%\$#. Want to start a website? Get a better job? Learn to code? These “North Star” goals are the best incentive to rethink your relationship with noise and see how your life changes.

We don't realize that very often our addiction to information is the thing holding us back from getting a huge promotion, becoming valedictorian, or training for a marathon, but that's exactly what happens as time passes. Once you think of it this way, it's so much easier to put yourself on a noise diet. Make this the year you take back your time and use it to do something that matters.

*Joseph McCormack is the author of NOISE: Living and Leading When Nobody Can Focus. He is passionate about helping people gain clarity when there is so much competition for our attention. He is a successful marketer, entrepreneur, and author. His first book, BRIEF: Make a Bigger Impact by Saying Less (Wiley, 2014), sets the standard for concise communication.*

*Joe is the founder and managing director of The BRIEF Lab, an organization dedicated to teaching professionals, military leaders, and entrepreneurs how to think and communicate clearly. His clients include Boeing, Harley-Davidson, Microsoft, Mastercard, DuPont, and select military units and government agencies. He publishes a weekly podcast called “Just Saying” that helps people master the elusive skills of focus and brevity.*

*To learn more, visit [www.noisethebook.com](http://www.noisethebook.com).*

*The Winthrop Sun Transcript reserves the right to edit letters for space and clarity. We regret that we cannot publish unsigned letters. Please include your street and telephone number with your submission. The Transcript publishes columns, viewpoints and letters to the editor as a forum for readers to express their opinions and to encourage debate. Please note that the opinions expressed are not necessarily those of The Transcript. Text or attachments emailed to editor@reverejournal.com are preferred.*



WINTHROP HISTORY WEBSITE: WIHAONLINE.ORG

WINTHROP Then and Now

Winthrop Improvement and Historical Association

By G. David Hubbard • Photos courtesy of Stephen F. Moran

ART 911 - WADSWORTH BUILDING 1890 - 2012



In a previous article on the Wadsworth Building five years ago, we listed the results of an extensive research project by Winthrop Improvement and Historical Association member John Booris which noted almost 80 businesses/organizations that have been located in this building during the 125 years it has been open. In response to our request to you, our readers, for additional tenants unknown to us or corrections to our listing, we have so far received two and will incorporate them into our listing. A few such pictures are printed here in this article for your enjoyment. Picture one was taken about 1900 and shows, from left to right on the first floor, the initial tenants as follows: Peoples Drug Store (1895 to 1911), The George Douglas Grocery (1895 to 1901), and the entire right

side, which was occupied by the Alfred Tewksbury Stationary/Dry Goods/Boots/Shoes store (1897 to 1906). Tewksbury’s Store had previously been located in a small building on what is now the front lawn of the Winthrop Public Library, which when the Libray was built in 1898 caused Mr. Tewksbury to seek new quarters in the recently constructed Wadsworth Building. Incidentally, the small building just referenced as being his store was then moved to its current location at 389 Winthrop St. near MaGee’s corner where it can now be seen as the home of the Service Glass Company. Picture two depicts the Wadsworth Building in 1902 decorated with bunting and flags for the 50-year celebration of Winthrop’s incorporation as a town in 1852. Note the horse and buggy in front

of the drug store. Picture three shows the American Red Cross Office (1924 to 1947) to the right of the drug store with Lee’s Jewelry Store (1942 to 1947) next door. Picture four, taken in the 1930s, shows a large CWA sign in the second floor Auditorium windows which has been identified as representing the Civil Works Administration which was created on Nov. 8, 1933 to build Public Works buildings and hire the unemployed. This was a predecessor to the WPA established in 1935 by President Franklyn Roosevelt that many of us remember in the 1940s. Again, we solicit any additions or corrections to our previous listing of businesses/organization so we can finalize our chart. Please contact me at 617-846-2901.



THE MORE

Things Change ...

Items selected from past issues of the Winthrop Sun, The Winthrop Review, The Winthrop Visitor, The Transcript and The Sun-Transcript

20 years ago

Dec. 30, 1999

The School Building Committee has accepted a bid for the construction of the new elementary school at Ft. Banks. The committee accepted the recommendation of the school’s architect, DiNisco Design Partnership, from the T.R. White Co. of Boston, which submitted a low bid of \$12,260,000.

School Building Committee Chairman Arthur Cummings said that the groundbreaking for the new school should take place in March.

Winthrop officials say that the the town’s computer systems are ready for the coming of the new year, dubbed Y2K, which some computer experts say could wreak havoc with computer systems of all sizes.

A fireworks show at Ingleside Park on New Year’s Eve at 6:30 p.m. is expected to attract thousands of local residents.

The annual holiday decorating contest raised more than \$800 for the Winthrop Food Pantry. Among the winners in the various categories were Dr. and Mrs. Rudolf Ciani of 150 Sewall Ave., Michael Conlon of 22 Putnam Place, Dorothy and Peter Swenson of 118 Quincy Ave., and the McDougalls of 16 Hawthorne Ave.

“Angela’s Ashes,” “The Talented Mr. Ripley,” and “Stuart Little” are playing at the Revere Showcase Cinemas.

40 years ago

Jan. 2, 1980

A lone gunman held up the employees at Rand’s Jewelers Friday morning and made off with cash, jewelry, and watches.

Although auto insurance rates are slated to increase by 5.7-percent for motorists across the state, Winthrop residents can expect to see a drop in their rates thanks to a favorable change in the rating territory for the town.

50 years ago

Jan. 1, 1970

A letter sent by former WHS football coach Ed MacFarland to the School Committee is thought to have been the reason for the committee’s swift decision to terminate MacFarland as head coach. MacFarland stated in the letter that rumors of his impending retirement were untrue and that some members of the committee had told him that he could remain as head coach for as long as he wanted.

An armed robber wielding a revolver held up the 4M gas station on Main Street and made off with about \$400 in cash.

The severe rain, snow, and ice storm on Friday caused widespread flooding throughout the town, with the Fire Dept. and DPW receiving more than 400 calls from homeowners seeking assistance with pumping out their flooded basements. An initial snowfall was followed by a heavy downpour that caused the deluge.

The new, no-fix ticket system for motor vehicle

citations went into effect at the start of the New Year.

A fire at the Cliff House Nursing Home forced 55 residents to flee.

Rex Harrison stars in “Dr. Doolittle” at the Winthrop Cinema.

60 years ago

Dec. 31, 1959

The highest tide recorded in more than 100 years combined with gale force winds to cause hundreds of thousands of dollars in flooding damage in the town on Tuesday morning. Point Shirley was completely isolated for more than two hours as the ocean crashed across Shirley Street to the bayside.

Five Winthrop Boy Scouts will receive the Eagle Scout award, scouting’s highest honor, at the first-ever Eagle Court of Honor to be held locally on Jan. 12 in Memorial Auditorium.

Gary Cooper and Charlton Heston star in “The Wreck of the Mary Deare” at the Winthrop Theatre.

70 years ago

Dec. 29, 1950

The selectmen have voted to increase the base pay of a starting police patrolman to \$2,900.

Daniel T. Callahan, who was a veteran of the Apache War campaigns and who was a personal bodyguard to President Theodore Roosevelt, passed away this week at his home. He was 84.

The Winthrop Post Office reports that it processed a record volume of 500,000 letters and 3,500 packages during the holiday season.

Errol Flynn, Greer Garson, and Walter Pidgeon star in “That Forsyte Woman” at the Winthrop and State theaters.

80 years ago

Dec. 30, 1940

The selectmen have set Friday as the date for a Special Town Meeting to discuss the imminent transportation crisis facing the town. The Narrow Gauge Railroad, which has been in federal bankruptcy court for the past year, has petitioned the State DPU to shut down its operations effective Jan. 10. Article 1 on the warrant for the Special Town Meeting would authorize the selectmen to issue a bus permit for public transportation services in the town.

Bob Hope and Paulette Goddard star in “The Cat and the Canary” at the Winthrop and State theatres.

90 years ago

Jan. 4, 1930

The new and improved 1930 Chevrolet automobiles are on display at Fullerton’s Chevrolet dealership in the Centre.

Will Rogers stars in the all-talking movie, “They Had to See Paris,” at the Winthrop and Dream theatres.

100 years ago

Jan. 3, 1920

Henry Skeffington, the Commissioner of Immigration, will be this month’s guest speaker at the Unitarian Layman’s League. His topic will be, “The Indus-

trial Struggle and a Possible Solution.”

Two brothers, ages 6 and 8, both orphans visiting a Winthrop home during the holidays, almost drowned when they fell through the ice at Belle Isle Creek near the Pleasant Street. train station. Miss Marion Richardson, 24, plunged into the frigid waters to save the boys, but was unable to do so on her own until John N. Ballou, 22, of 56 Fairview St., having been informed of the accident, ran 400 yards in his stocking feet to help rescue the boys. Both boys were removed unconscious from the water, but eventually were resuscitated.

110 years ago

Jan. 1, 1910

The most disastrous storm ever to strike Winthrop occurred on Dec. 25 and 26, causing damage that will total in the thousands of dollars. The seawall along the Shore Drive boulevard has withstood many storms, but it did not survive this one, as the huge waves tossed granite boulders around as if they were small stones. The homes at the foot of Cottage Hill were destroyed and water as deep as two feet flooded all of Shirley Street. The Winthrop Yacht Club. was flooded with a foot of water, ruining hundreds of dollars worth of yacht fittings and supplies. Telephone and electrical lines were completely wrecked, as were the railroad tracks near the ocean.

The big stock clearance sales now are ongoing. If you have been wise and saved a little bit of money from Christmas, now is your opportunity.

120 years ago

Dec. 30, 1899

The kindergarten class entertained their parents and friends with a show last Friday morning. A large Christmas tree, hung with bags of candy, presents made by the children for their parents, strings of corn, and fancy paper decorations, attracted much attention.

The 13th meeting of the Quest and Question Club was held, with discussions on the topics of “Theocracy in New England” and “Witchcraft Delusions.”

Some 80 children enjoyed a Christmas Party at the Yuletide Club, which every year takes the time to make Christmas a little brighter for children of less prosperous families.

130 years ago

Jan. 3, 1890

The pupils of the First Grammar School have bestowed a gift of Shakespeare’s bound volumes upon their teacher, Mr. Parsons.

The combination of neatness and usefulness displayed by local real estate agents, Tucker & Floyd, in their calendar that recently was issued by them renders it a useful item for homes and offices. It presents a map of Winthrop, with all 115 streets, railroad stations, etc.

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# Daisy Girl Scout Troop launches first Take Action Project

By Kate Anslinger

The Daisy Girl Scouts of Troop 70227 have recently showcased their commitment to keeping the ocean plastic-free. As part of their first “Take Action Project,” the troop came up with the idea after they were asked to identify a problem, whether it be in their world or in the Winthrop community. The Troop agreed to focus on plastics in the ocean, after they learned that fish and sea animals were getting sick and dying as a result of eating plastics that they mistake for food.

“We want people to know that plastics in the ocean kill animals and so we need to make sure we recycle it and that it doesn’t get in the ocean,” said Daisy, Maya Wallerice.

After the decision to focus on plastic prevention

was made, the Troop initially came up with the idea to don wet suits and collect the plastic that was already in the ocean, however; they soon realized that this would not get to the root of the problem. This led them to focus on educating their classmates and community on the magnitude of the problem, leading them to make posters with markers and plastic pieces that they had collected from home and around their neighborhoods. The posters displayed message about the plastic problem and the importance of combatting it. In addition to hanging the educational posters on the walls in the Gorman Fort Banks cafeteria, the troop gave a presentation to fellow classmates on why this issue is so important.

“The Daisy’s hope that everyone will take action



The Daisy Girl Scouts Troop 70227.

to stop plastics from ending up in the ocean by always recycling plastic waste, picking it up when you see

it on the ground and especially on the beach or near storm drains, and better yet, switching to non-plastic, re-

usable materials whenever possible,” said Troop Leader, Julia Wallerice.

The goal of the Take Ac-

tion Project is to identify an observed problem and work together to find a long-term solution.

## SCENES FROM SANTA’S ANNUAL RIDE AROUND WINTHROP



On Tuesday, Dec. 24, Santa Claus touched down for his annual parade around the Town of Winthrop. Escorted by the Winthrop Fire Department, Santa stopped all over the Town, wishing all the little girls and boys a Merry Christmas, and getting them even more excited for a kids’ favorite time of year — Christmas.

In the photo to the left, Santa pictured atop a Winthrop Fire Engine. Pictured to the right, a young Winthrop resident's face lights up as she gets to see Santa Claus. Shown below, one of the many houses along the route decorated for the Holiday season.



## Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
Nalen, Jayson E	Cowan, Joseph P	93-R Almont St	\$435,000
Rexhepi, Feriz	Charles, Ronald	1000 Governors Dr #23	\$270,000
Tummala, Krishna	Dagostino, Ellen	500 Governors Dr #20	\$254,000
Bacchiochi, Linda	Harborbor View Ave 10	10 Harbor View Ave	\$862,500
Raper, Nathaniel	Logozzo, Susan	9-11 Locust St #2	\$340,000
Balla, Blerta	Impemba, Robert	29 S Main St	\$639,000
Tassinari, Amanda A	Labreche, Hafsa	46 Seymour St	\$540,000
Goncalves, Julio C	Garland, Andrew	229 Washington Ave #3A	\$150,000

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# Sports

## WHS SPORTS ROUNDUP

### WHS GIRLS HOCKEY TOPS MASCO, TAKES FIRST PLACE IN NHL

Eighth-grader Adrianna Rizzotto made her first career varsity goal a memorable one, lifting the Winthrop High girls hockey team to a come-from-behind, 4-2 victory over Northeast Hockey League rival Masconomet Saturday evening at the Haverhill Valley Forum in a battle between undefeated teams.

Winthrop had grabbed a 1-0 lead in the opening period on an unassisted goal by Julia Holmes on a 2-on-1 break on which Julia held onto the puck and skated in on the Masco goal when the Masco defenseman shaded toward Lady Viking teammate Mia Martucci, who was breaking toward the net.

"Julia just walked in and beat the Masco goalie to the five-hole on a very pretty deke," said WHS head coach Anthony Martucci. "Julia has been incredible this season. She has scored big goals and has made some phenomenal plays. Her goal to open the scoring in the first period was a goal scorer's goal for sure."

However, Masco responded with a pair of power play goals in the middle period to take a 2-1 lead heading into the final 15 minutes of play.

"We did not skate in the second period," noted Martucci. "We kind of rested and did not work hard enough."

However, the Lady Vikings came out on fire after the second intermission. Winthrop brought the contest back to level when Emma Holmes redirected a shot by Elle English on the power play.

"Emma has been snake-bitten thus far this season, so for her to get such a huge goal to tie the game will be big moving forward," said Martucci. "We will be scary if she gets going."

That set the stage for Rizzotto to notch the game-winner when she squeezed the puck past the Masco goalie to reach the back of the net. A nice passing play from Hannah Parker and Olivia Driscoll had set up the goal-scoring sequence.

Masco pulled their goalie in the final minute looking for the equalizer, but WHS senior captain Syd Mignosa slid home the puck into the empty net, assisted by Elle English, to clinch the victory.

Winthrop sophomore netminder Summer Tallent was immense between the pipes to earn her fourth win of the season. "Summer was brilliant in net," said Martucci. "She made several huge saves, and really gave us a chance to win the game. On Masco's power plays, she made two and three saves before they scored both of their goals."

"I also have to mention the play of our entire defense," added Martucci. "All of the girls are playing, and playing extremely well. Elle English, Brooke Costin, Antea Schlichting, Abby Holmes, Fallon Hurley, Adrianna Rizzotto, Casey Petersen, and Amelia Spencer have worked so hard, and it has shown up in games."

"Our centers also have been doing some great work for us, helping in the defensive zone," Martucci continued. "Mia Norris, Julia Holmes, Jenna Lindinger, and Lily Tallent have all done great on face-offs and D-zone coverage."

The triumph improves the Lady Vikings' record to 4-0, with all four wins coming against NHL opponents, and moves Winthrop into sole possession of first place in the NHL, two points ahead of Masco, which had been undefeated coming into the tilt.

Martucci and his crew were set to take on non-league rival and perennial Division 1 powerhouse St. Mary's of Lynn on New Year's Day.

They then will trek to Peabody on Saturday for another NHL showdown with the Lady Tanners, who have one loss in the NHL (a 1-0 defeat to Masco). Face-off at the McVann-O'Keefe Rink is set for 6 p.m.

Winthrop returns home Monday for a 6:10 p.m. face-off at Larsen Rink against non-league foe Longmeadow.

### WHS BOYS HOCKEY TEAM WINS TWO CONTESTS

The numbers "3" and "0" proved to be lucky for the Winthrop High boys hockey team this past week, as the Vikings earned a pair of victories by identical scores of 3-0 over non-league rivals Oliver Ames and Portland (Maine). Both contests were played at Larsen Rink.

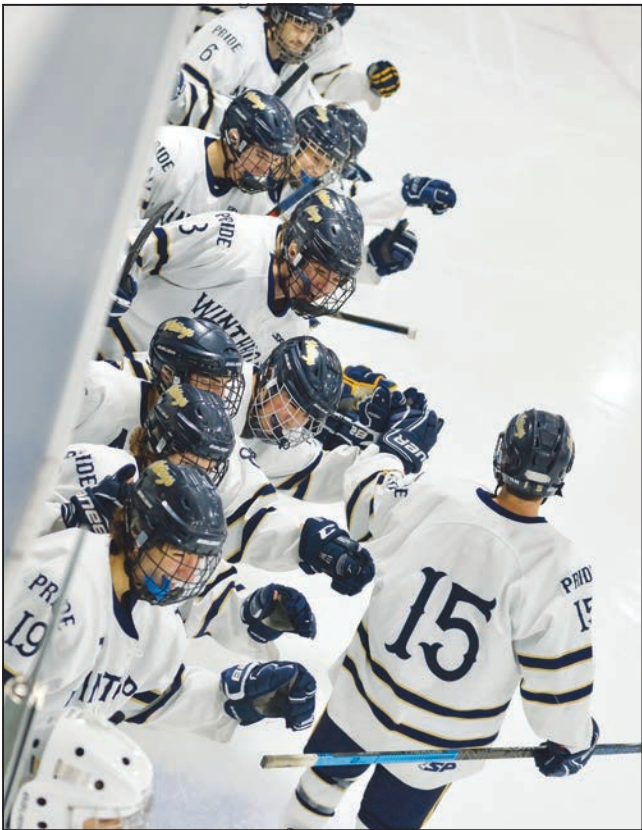
In last Thursday's triumph over Oliver Ames, Joey Holgersen gave the Vikings a 1-0 lead in the opening period, assisted by Kevin Dorr. After a scoreless middle period, Ari Hain, assisted by J.D. Parker, and Holgersen, assisted by Charlie Lane and Parker, lit the lamp in the final period for the 3-0 finale.

Two days later, Holgersen once again scored what would prove to be the eventual game-winner with a goal in the first period, assisted by Parker. Holgersen returned the favor on a goal by Parker in the second period and both Parker and Holgersen assisted on a goal by Hain in the final frame.

Coach Dale Dunbar utilized both of his superb goalies in the victories, with sophomore Anthony Indrisano earning the shutout win with 20 saves against Oliver Ames and junior Ryan Hovermale blanking Portland with a 10-save effort.

The twin-wins boost the Vikings' overall record to 3-1-2. They were scheduled to host Saugus on New Year's Eve and will entertain Northeastern Conference North Division rival Gloucester in a big showdown on Saturday. The Fishermen have moved from the South Division of the NEC into the North (Saugus moved from the North to the South) and are coming off a tight, 3-2 loss to highly-rated Marblehead (which is ranked third in the state in Division 2). Face-off for that tilt at Larsen is set for 1:30.

Winthrop then will entertain non-league opponent Cambridge next Wednesday (Jan. 8) at 6:10 p.m.



RECEIVING LINE: Ari Hain is congratulated by the Winthrop bench after his goal gave Winthrop a 2-0 lead in the third period.



PHOTOS BY BOB MARRA/ROBERTMARRAPHOTOGRAPHY.COM

ON THE MOVE: Michael Brooks (#19) finds some skating room during a chippy contest with Oliver Ames on Thursday, Dec. 26, in Larsen Rink. The Vikings played tough and came away with a shutout win, 3-0.



GUARDIAN AT THE GATE: Anthony Indrisano let nothing pass as he turned in a shutout in the Vikings 3-0 win over Oliver Ames Thursday Dec. 26 at Larsen Rink.

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Capri Sun Drinks..... 2/¢4.00

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Cooked Chicken Sausage 12 oz... 2/¢10.00

Best Yet Bacon 1 lb pkg..... 2/¢8.00

Kayem Fenway Franks ..... 2/¢7.00

### Weekend Specials

Friday, Jan. 3rd through Jan. 5th

BAKERY

White Pizza Dough (ex wheat) ..... \$1.49

Raspberry Danish ..... \$3.69

Pumpkin Pie ..... \$3.99

DELI

Natural Casing Hot Dogs..... \$5.99/lb

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## WHS HOCKEY SHUTS OUT OLIVER AMES AT LARSEN RINK

Photos by Bob Marra/robertmarraphotography.com

Joey Holverson scored a pair of goals and Anthony Indrisano was impassable in the net as the Vikings gave their fans a “day-after” Christmas present with a 3-0 win over Oliver Ames at Larsen Rink Thursday afternoon, Dec. 26.

Holverson’s first goal came in the first period and, as things turned out, was all the Vikings needed. He took a pass on the left wing from Kevin Dorr and his wrist shot from above the circle beat Oliver Ames goalie Owen Connor on the stick side. The chippy contest—Winthrop was whistled for five penalties, Oliver Ames four—remained a one-goal contest until Winthrop’s Ari Hain got one past Connor just 3:57 into the third period, JD Parker assisting. Holverson’s second goal came with 4:09 left and took the pressure off Indrisano, who made a few saves in the final minutes to preserve his shutout.



**CRASH COURSE:** Connor Hurley (#18) collides with Oliver Ames forward Jake Gottwald (#8).



**KICK STOP:** Chris Ferrara (#10) uses his leg to stop Oliver Ames forward Luca DeCillia (#9).



**BAD BOUNCE:** Dan Capone was in the right spot with an open net, but the puck bounced away from his control.



**MIDDLE MAN:** Joe Deep (#8) avoids a hit by an Oliver Ames defender and moves in on puck carrier Duncan Pereira.



**OFFENSIVE SURGE:** JD Parker carries the puck into the offensive zone, escorted by forward Joe Deeb.



**TRAFFIC JAM:** Dan Capone (#22) and Jack Sicurella (#3) pin Oliver Ames Duncan Pereira against the boards.



**CLEAN SHOT:** JD Parker had a clear shot but put it just wide of the Oliver Ames net.



**ON THE BOUNCE:** Winthrop’s Joe Hayes (#9) and Oliver Ames Jake Gottwald try to control a bouncing puck.

## Northeast Metro Tech recognizes local Adams Scholarship recipients

82 seniors at Northeast Metro to receive award for their performance on the MCAS exam

Superintendent David DiBarri and Principal/Deputy-Director Carla Scuzzarella are pleased to announce that 82 seniors at Northeast Metro Tech High School are among seniors statewide to receive a John and Abigail Adams Scholarship.

This scholarship is available to students whose MCAS performance puts them in the top 25 percent of their district. To be eligible, students must either score Advanced on the

English, Math and Science exams, or Advanced on one exam and High Proficient on the other two.

“We continue to have a high number of our students qualify for the Adams Scholarship, and the Class of 2020 is no exception,” Principal/Deputy-Director Scuzzarella said. “We are extremely proud of our seniors and the example they have set for our younger students.”

Recipients of the Adams Scholarship are granted

ed four years of free tuition at Massachusetts state colleges and universities. Students who receive the Adams scholarship must complete their college program in four years or less and maintain a cumulative 3.0 grade point average.

Northeast Metro Tech High School honored its scholarship recipients with a breakfast for students and their parents on Friday, Nov. 15.

The following students from Winthrop attending



PHOTO COURTESY NORTHEAST METRO TECH HIGH SCHOOL

**Northeast Metro Tech students who were recognized for their exemplary performance on the MCAS exam.**

Northeast Metro Tech High School seniors have earned an Adams Scholarship: Shayne Belliveau, Cameron Hanafin, Rachael Henderson.



# Massport Community Advisory Committee partners with Collins Center of UMass Boston

The Massport Community Advisory Committee (MCAC) has selected the Edward J. Collins, Jr. Center for Public Management to conduct its first annual review of Massport's Current Expense Expenditures Budget.

"The Massport CAC's Enabling Act charges us with conducting a review of Massport's budgets," stated Executive Director, Matthew A. Romero. "We are thrilled that the Collins Center will be conducting the detailed work needed help us meet this responsibility."

Established by the Legislature in 2014, the mission of the Massachusetts Port Authority Community Advisory Committee is to be the voice of communities impacted by Massport operations; it collaboratively offers local, regional, and national solutions through advocacy, information and Authority oversight. The legislature charges the MCAC to review Massport's budgets, annual report, as well as its various programs, and further to make recommendations to the Governor and Legislature as voted by the MCAC.

"For the Massport

CAC's first review, we will be looking at a focused area of Massport's budget: aviation revenues and the marketing incentive fees used to attract new airlines at Logan Airport," said MCAC Chairman David Carlon, "the plan is to start small, and establish the framework for expanding the budget review in future years."

The Edward J. Collins, Jr. Center for Public Management is dedicated to improving efficiency, effectiveness, governance, and accountability at all levels of government, with a particular focus on state and local government.

"The Collins Center is excited to work with the Massport Community Advisory Committee on its annual Massport budget review," said Interim Director Michael Ward. "Massport is an essential organization to the Commonwealth and the region, and we look forward to utilizing the Center's public management expertise to help the CAC fulfill its critical role in advising Massport, the Governor, and the Legislature."

Rep. Adrian Madaro, Vice Chair of the Joint Committee on Transportation whose district includes

Logan Airport agreed: "As this is an excellent step toward increasing Massport's accountability to the Commonwealth."

Logan Airport, ed strongly for better transparency at Logan Airport,

### Winthrop Senior Center News

**Jan. 2, 2020 – Jan. 8, 2020**

**Hours: Mon-Thurs:8:30-4pm/Fri:8:30-2:30pm**  
www.town.winthrop.ma.us/council-aging

**THURSDAY, JANUARY 2**

8:30am – Yoga with Kathleen (\$5)  
10:30am – Red Hatters Meeting  
10:30am – Zumba with Barbara  
12:00pm – Lunch  
1:00pm – Bingo

**FRIDAY, JANUARY 3**

9:00am-12:30pm – Podiatry Appointments with Dr. Kaplan (\$20; Appointment Required)  
9:30am – Exercise Class  
10:00am – Ceramics with Gerry  
10:30am – Line Dancing with Cindy  
12:00pm – Lunch

**SATURDAY, JANUARY 4**

10:30am – Zumba with Cindy

**MONDAY, JANUARY 6**

9:30am – Exercise  
12:00pm – Lunch  
1:00pm – Bingo  
6:15pm – Zumba Toning with Barbara

**TUESDAY, JANUARY 7**

9:30am – Tai Chi with Cindy  
10:00-11:00am – Blood Pressures  
10:00am – Arts & Crafts  
10:00am – Bowling (at Winthrop Elks)  
10:30-11:30am – Exercise for Arthritis  
10:30am – Zumba with Cindy  
12:00pm – Lunch  
1:00pm – Art Class with Dawn  
1:00pm – Chorus Rehearsal

**WEDNESDAY, JANUARY 8**


9:30am – Exercise Class  
10:30am – Yoga with Kathleen (\$5)  
10:30am – Tap Dancing with Tracy (at the Methodist Church)  
12:00pm – Lunch  
12:00pm – Lunch & Learn with the Arbors (must sign up in advance)  
1:15pm – Italian Class with Michael  
3:00-3:45pm – Play Chess with the WMS Chess Club

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*Loved and missed by Mom, Dad, Lynn, Debbie, Donna, Diane, Bob & Kristen, Denise, Nieces and Nephews*

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And not with your head bowed low.  
Remember the love we once shared.  
Miss me, but let me go.  
For this is a journey we all must take  
And each must go alone.  
It's all a part of the Maker's plan,  
A step on the road to **home**.  
When you are lonely and sick at heart,  
Go to the friends we know  
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**Miss me**, but let me go.

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**Get the Senior Center's monthly newsletter emailed to you. You can now subscribe to have the Senior Center Newsletter emailed to you each month. To sign up, go to www.town.winthrop.ma.us/subscribe.**

**Senior Lunch:** If you would like to come for lunch, please call the day before by 12:00pm so that your order is counted for the next day. Thank you!

**Computer Lab:** The Senior Center computer lab is open Monday-Thursday: 9am-3pm and Friday: 9am-2pm.

**The Senior Indoor Winter Walking Club** is now open. During the Winter months, you can walk at the Middle/High School Monday-Friday (when school is in session) from 4:15-5:15pm. In order to walk, you will need to submit a CORI form (available at the Senior Center).

**Take the Senior Van to Encore Boston Harbor Casino:** The Senior Van will provide round-trip transportation to Encore Boston Harbor Casino every Tuesday. The van will pick you up at your home at 8:30am. The van will depart Encore at approximately 2:30pm. Round-trip ride costs \$10 and can be scheduled by calling the Senior Center at 617-846-8538. \*You must be a member of the Senior Center to schedule a ride to Encore. For information on becoming a member, please stop by the front desk of the Senior Center.

**Technology & Learning with Betsy:** The next learning sessions will be on Tuesday, January 14 and 28 from 2:00-3:00pm. Bring your laptops, smart phones, or tablets, along with your questions. Learning this new technology can open a whole new world for you.

**SHINE Counseling:** Volunteer SHINE Counselors are here to help you with any health insurance questions you may have. To make an appointment, please call the Senior Center (617-846-8538).

**Eats & Treats Café:** Join Kathy for this monthly cooking demonstration. Each month she will show you how to prepare some of your favorite dishes and you will get to sample the finished product. Cost: \$2; space is limited. Sign up at the Senior Center. The next cooking demonstrations will be: Wednesday, January 8 (2:00pm) – Chicken Croquettes and Wednesday, February 5 (2:00pm) – Chocolate Cake.

**Do you have any unused jewelry hanging around the house?** If so, would you consider donating it to the Senior Center? We put jewelry on sale, with all proceeds benefiting the Senior Center. Thank you!

**UPCOMING EVENTS AND PROGRAMS**

**Wednesday, January 15 (10am-12pm):** Vaccination Clinic. Stop and Shop Pharmacy will be offering Shingles (1st or 2nd dose), pneumonia and tetanus shots. To make an appointment, please call the Senior Center or stop by the front desk. You will need to bring your insurance/Medicare card with you to your appointment. Payment by cash or check.

**Monday, January 27 (10:30am):** Common Skin Conditions of the Foot. Guest lecture and Q&A with Dr. Quinn Charbonneau, Podiatric Physician and Surgeon. Please sign up at the Senior Center.

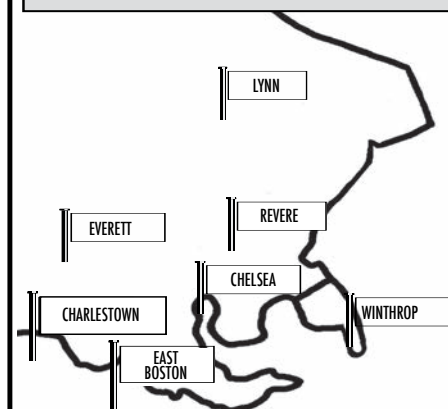
**Wednesday, January 29 (10:00am-12:00pm):** Legal Aid Appointments. Attorney Amy Gelineau will be offering free, 15-minute legal aid appointments. Please sign up at the Senior Center.

**Monday, February 3 (10:30am-12:00pm):** This & That Crafts Class with Linda Nugent. Cost: \$4. Join Linda in making Valentine's Day Wreaths. All materials will be provided. Space is limited, please sign up at the Senior Center.

**Monday, February 10 (10:30am):** Hoarding: the Next Step Part 2. Kay Jewels and Dr. Donald Davidoff from McClean Hospital will be back to continue their Q&A session on hoarding. Please sign up at the Senior Center.



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## LEGALS

### LEGAL NOTICE

#### PUBLIC NOTICE

"Take Notice that the Winthrop, MA Town Council will be holding a Public Meeting on January 7th, 2020 in the Selectmen's Chambers, 1 Metcalf Square, Winthrop, MA to consider a Grant of Location Petition from Extenet Systems, Inc. for a small cell attachment on a pole owned by National Grid at 1-49 Main St., Winthrop, MA (Assessor parcel 53/4). The Purpose and Effect of the proposal is for the approval of a Grant of Location in the public right of way. Additional information is available at the Winthrop Town Clerk's Office, 1 Metcalf Square, Winthrop, MA between 8:30 a.m. to 4:30 p.m. Monday - Thursday. 12/24/19, 12/31/19 W

### LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, s 5-304 Docket No. SU19P2671GD

In the matter of: Andrew J. Burke RESPONDENT Alleged Incapacitated Person Of: Winthrop, MA To the named Respondent and all other interested persons, a petition has been filed by Josephine A. Burke of Winthrop, MA in the above captioned matter alleging that Andrew J. Burke is in need of a Guardian and requesting that Josephine A. Burke of Winthrop, MA (or some other suitable person) be appointed as Guardian to serve on the bond. The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may con-

tain a request for certain specific authority. You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 01/17/2020. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date. IMPORTANT NOTICE The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this

request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense. WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: December 12, 2019 Felix D. Arroyo, Register of Probate 12/31/19 W

### LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT Suffolk Probate And Family Court 24 New Chardon St. Boston, MA 02114 CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G.L. c. 190B, s 5-304 & s 5-405 Docket No. SU19P2672PM In the matter of: Andrew J. Burke Of: Winthrop, MA

To the named Respondent and all other interested persons, a petition has been filed by Josephine A. Burke of Winthrop, MA in the above captioned matter alleging that Andrew J. Burke is in need of a Conservator or other protective order and requesting that (or some other suitable person) be appointed as Conservator to serve Without Surety on the bond. The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court. You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 1/17/2020. This is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return

date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date. IMPORTANT NOTICE The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense. WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: December 05, 2019 Felix D. Arroyo, Register of Probate 12/31/19 W

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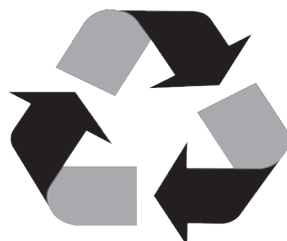
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# NEWS FROM AROUND THE REGION

## PLASTIC BAG ORDINANCE TO BE ENFORCED

CHELSEA - The ban on plastic bags officially went into place on Dec. 17, but City officials will use the holiday season to inform shop owners and supermarkets of the new ordinance – with a major effort to enforce the ordinance starting on Jan. 6.

The ordinance has been highly-anticipated for almost a year, and there have been loads of preparations conducted by the City and the business community.

However, many felt that beginning the enforcement in the heart of the holiday shopping season might not have been such a wise move. The City agreed and has come up with an alternate plan.

“In early December we were approached by a few businesses that felt starting enforcement on Dec. 17 would be tricky because it would be the peak sales time for the holidays,” said Fidel Maltez, of the DPW. “We worked internally with City Manager Tom Ambrosino and decided to do a soft enforcement in December. This past week we’ve been going around informing everyone and answering questions. It’s more of an informational roll out and actual enforcement will start on Jan. 6 when everything slows down.”

Maltez said on Jan. 6, inspectors from DPW and Inspectional Services will go out to the stores and begin enforcing the ordinance. If any business is found in non-compliance, they will have 14 days to correct the problem.

He said the biggest supplier of the plastic bags in question is Market Basket. The store, he said, believes it can make the change by then.

“We had a meeting with Market Basket’s leadership and shared the approach and they are confident they will be ready to fully roll out the ban by Jan. 6,” he said.

The bag ban was passed earlier in 2019, but was delayed until Dec. 17 for implementation. The ban was passed as a measure to help the environment with reducing the use of single-use plastics, and also to control litter in Chelsea.

“Single-use plastic is not good and is controllable and can’t be recycled or repurposed,” he said. “By eliminating single-use plastic bags, we’re hoping to lead the change from an environmental standpoint. It can also reduce litter. You travel Broadway and there are always the white and black plastic bags all over the sidewalk. Maybe with the implementation of this, we can reduce that and you won’t see these bags anymore.”

There are some exceptions to the rule.

The plastic bags used for produce and other loose articles are exempt, as are newspaper bags. A thicker, reusable plastic bag will be for sale at most all stores under the ordinance, but there is no specified price for them.

## COUNCIL LOOKS AT TIF CONTRACT

CHELSEA - Several Chelsea City Councillors had asked for a pause in the Tax Incremental Financing (TIF) agreement this month in order to completely review the details of a state-reviewed contract between the Housing Authority, a private developer and the City.

The TIF would allow the Corcoran Companies and the Chelsea Housing Authority to re-develop the Innes Apartments into a mixed-income community

with new public housing units and new market rate units – along with parking and some retail portions. The TIF has been said for some time to be the most critical piece left to getting the deal complete.

The terms of the 15-year TIF include an 80 percent reduction in new value the first five years, 6 percent the second five years and 50 percent for the final five years.

The TIF agreement has been public for many months, with the most important financial details becoming public last summer. However, when brought before the Council earlier this month, there were unexpected questions from many in the Council.

Instead of moving it to a vote, it was moved to Committee.

Some objected, but at that Committee of the Whole meeting on Dec. 16, councillors said they wanted a pause to review the contract terms that had just been delivered to them.

“Since March, we’ve been negotiating the TIF and plan with the state Department of Housing and Community Development (DHCD),” said City Manager Tom Ambrosino. “The terms were disclosed during the Smart Growth District presentation. The detailed documents weren’t presented until recently because it took awhile to negotiate and it had to go to DHCD before it could come to the Council. That just took a long time.”

Those negotiations included many minor details that fulfilled legal obligations, he said, such as how the agreement would be administered and how the apartments would be done.

“The financial terms are the most significant thing, but they are only one paragraph in the document,” he said. “DHCD has much greater concerns about how it will be administrated. Those details took time.”

Council President Dama-li Vidot said the Council shouldn’t have been handed the contract in short order before being expected to take such a major vote.

“It’s clear that the Council wants this project to happen and no one has a problem with that,” she said. “The problem I have is you drop a 100-page document at a Council meeting and expect a vote...No one is talking to us about what this other stuff is and we’re expected to vote on it. The Council deserves a little bit more respect and ore information up front. It starts at the top.”

Some of the details in the contract that were not previously known include the City’s dedication of about \$5 million in state MassWorks grants to help with infrastructure like new drainage, new sewers and new roadways. Such a precedent exists already with the work done on Everett Avenue and around the One North developments. Some of those state grants, however, have not yet been received and there is hope they would come this summer.

The City Council was expected to vote on the TIF agreement Monday night at its last regular meeting of 2019, which came beyond Record deadlines.

## COMMITTEE UNANIMOUS ON NEW SUPERINTENDENT

EVERETT -A unanimous vote most of the time signals that everyone is on board with the decision.

That might be the case with the School Committee in their 7-0 vote on Thursday, Dec. 19, for Priya Tahiliani, but it doesn’t mean

that the rest of the community is board. After the decision, and even beforehand, there was a great deal of dissatisfaction with the choice.

Before the vote, many – including Mayor Carlo DeMaria and School Committeeman Lester MacLaughlin – disparaged the process as it didn’t contain any internal, Everett candidates.

After Thursday’s choice, many took to social media or other platforms to say they wouldn’t support the new superintendent, with others saying the school system had “been given away to a graduate student,” alluding to the fact that Tahiliani is still working to complete her doctorate in education – though she is a licensed superintendent.

“To the naysayers, good luck,” said School Committee Chair Tom Abruzzese. “Believe me, I’m completely at peace with this whole process right now. Priya Tahiliani will prove all the naysayers wrong. I’ll stake my reputation on that. I think I’m a pretty good judge of people and I couldn’t be more happy with the selection. Priya has tremendous energy, a lot of experience, and going back to the public meeting at the Parlin Library, most everybody said they wanted a former teacher. At our meeting on Dec. 14, when she talked to us, it was a teacher talking to us. I think that’s vital. I think the superintendent and administrators still are teachers and should not be so distant from teaching. She came across that way to me, and obviously I wasn’t alone.”

School Committeeman Frank Parker said Tahiliani was a great choice, and people should try to get on board and support her. He said comments that she is a “grad student” just aren’t correct.

“Of the internal candidates, Mrs. Gauthier doesn’t have a doctorate, and Charlie Obremski doesn’t have a doctorate,” he said. “Dr. Easy has a doctorate, but it’s in philosophy with a minor in educational leadership. Ms. Tahiliani in her current role as assistant superintendent...went into a hostile environment and yet three years later when you talk to her colleagues they say she has done a great job... She can do the same in Everett if people are willing to cooperate...She is part of a lawsuit challenging inequality of pay and at the same time we’ve had three MCAD complaints against us for harassment. Maybe if we had the courage that Priya had three years ago, we wouldn’t be in this situation today.”

Councilor Michael McLaughlin said he would support the decision, but is disappointed with it.

“I have watched the process from afar and have been very disappointed throughout the process,” he said. “Although I thank the 15 volunteers who served on the Search Committee, I absolutely believe it was a mistake to disqualify any individual currently working in the school system based on the past in which they were not directly involved in. These individuals that were considered insiders of Everett are individuals that have dedicated their whole entire lives to the City of Everett and having a positive impact on countless amounts of children’s lives including mine throughout the Everett public school system. After decades of positive employment they were not qualified to at least have an interview in my eyes is shortsighted leadership for our community.”

He said, though, he will support Tahiliani in her new role.

“We as a community should come together now and support Ms. Tahiliani; it’s a fact that if she is successful as the new leader of the school system the students will be the benefit of this transition.”

Mayor Carlo DeMaria, who had been an outspoken critic of the process to choose a new superintendent, posted on Facebook last week his support of the new choice. He also thanked Interim Supt. Janice Gauthier for her work in stepping up over the past year.

“It is with great pleasure and honor to welcome Priya Tahiliani as the new Superintendent of Everett Public Schools,” he wrote. “I look forward to working closely with her as we continue to grow and develop a strong school system for our community.”

Jessica Gold Boots of the Everett Educational Coalition (EEC) said she felt those looking to discredit Tahiliani before she arrives are misguided.

“I think that would be very misguided because I think all three candidates were vetted by more than 350 hours of work by the Search Committee,” she said. “They wouldn’t have been put forward if not qualified. If people are saying they won’t support her, I am very disappointed. This isn’t about looking back, but moving forward and giving Ms. Tahiliani a chance. It’s time to move on, especially since before this, Everett was led for 30 years by an alleged sex offender.”

She said it isn’t a job for life, and she hopes the School Committee will do their due diligence and make sure Tahiliani lives up to expectations.

There were rumors that the Everett Teacher’s Association (ETA) was disappointed with the choice, but President Kim Auger said that wasn’t the case. She said they support the choice and will work with Supt. Tahiliani.

For her part, Tahiliani said she won’t fight against the sentiment, but work to gain trust. She said she has been in the situation before at Boston Public Schools where others didn’t agree with her being chosen. Likewise, she said she has also found herself on the other side of the argument, where she didn’t agree with a choice made by others.

“Basically, I don’t want to dismiss that,” she said. “It’s a valid feeling for those folks that were not considered and those that folks that supported them... I’m coming in and trying to communicate with them and build relationships and trust...Unfortunately, I’m not here to question the decision of the School Committee, especially with everything everyone has been through. I thought they made an important decision and I’m here to try to work with those who may be unhappy with that decision.

“My hope is these people will stay and want to be part of this new thing, even if it wasn’t exactly what they expected it would be,” she continued.

Abruzzese said the decision is put in context, as one year ago this week, the former superintendent resigned amidst a flurry of accusations – leaving the School Committee to put the pieces together for the past 12 months.

“People are going to have concerns,” he said. “Even with this selection, there are naysayers criticizing our selection. All I can say is a lot has happened in a year and I think we’re ending 2019 on a high note, and on a much better note than the end of 2018.”

## MARGARDO LEAVES BCYF

EAST BOSTON - Damien Margardo grew up a typical East Boston youth. He played sports, hung out at the community’s recreation centers with friends, and during the summer months, headed to the East Boston Camps in Westford with hundreds of other Eastie kids.

As a youth mentors like Marty Pino, John Forbes Sr. and Joe Weddleton shaped Margardo’s trajectory in life. As young adult Maragrdo embarked on a long career as a youth worker for the Boston Centers for Youth and Families (BCYF).

However, after 31 years of service to the BCYF Marty Pino and Paris Street sites Margardo announced he was leaving BCYF to take on a new role at the Parks Department.

“After 31 years with Boston’s Community Centers, Damien (Margardo) has accepted a job with the Parks Dept.,” said BCYF Director Nicole DaSilva. “On behalf of the East Boston community, we want to thank him for hardwork and commitment to the BCYF Paris and Pino Centers. We are looking forward to working with him again in his new role as we continue to build a strong relationship with Parks Dept, bringing new programs and opportunities to East Boston.”

BCYF staff, family and friends held a special going away luncheon for Margardo recently at Paris Street. There, longtime collaborators, youth and co-workers stopped by to wish Margardo luck on his new endeavor.

“I started working for BCYF in August 1988 as a lifeguard at the Paris Street Pool,” said Margardo at the party. “Since then I moved into working with youth and was most recently a BCYF Program Supervisor.”

Margardo said he will work as a Program Manager for the Parks Department and is looking forward to his new role there.

“I’m looking forward to the new challenges at Parks and Rec.,” said Margardo. “What I’m going to miss most leaving BCYF will be all of the great seniors, youth and the families that I have worked with directly all these years.”

Of his biggest accomplishments Margardo said is seeing the youth he taught years later with their own families.

“My biggest accomplishment and compliment is when an adult introduces me to their children and tell them I taught them to swim, play basketball or I was just there for them,” said Margardo. “I consider myself a very lucky guy to have been involved with this many youths in East Boston.”

Longtime BCYF Coordinator Joe Weddleton said he was first a counselor to Margardo when he attended BCYF programs, later a BCYF co-worker and have been good friends ever since.

“I have had the pleasure of working with Damien for over 30 years and during that time we have become great friends,” said Weddleton. “Damien is a loyal, dedicated, creative and hardworking individual. He has a very engaging personality, especially with children. Damien is a consummate professional, dedicated family man, amazing DJ and a great friend to those lucky enough to know him.”

## \$1M GRANT EARMARKED FOR OCEAN AVENUE

REVERE - On Decem-

ber 18, at the State Police Barracks on Revere Beach Mayor Brian Arrigo joined Economic Development Secretary Mike Kennealy, House Speaker Robert A. DeLeo and Revere’s elected officials to accept a \$1 million MassWorks Infrastructure Program grant. The grant will be used for the Ocean Avenue Gateway project, which calls for infrastructure improvements ahead of the construction of two hotels planned for Revere Beach.

The \$1 million grant will relocate overhead utilities and make intersection improvements on Ocean Avenue, clearing the way for the two planned hotels.

According to Mayor Arrigo the project will also include the resurfacing of approximately 2,000 feet of roadway, and the reconfiguration and resignalization of the intersection at Revere Beach Parkway. Collectively, the two permitted hotel sites will generate over 300 rooms and an 80-seat restaurant, with the larger of the two developments valued at \$40 million.

“The infrastructure improvements will help advance the long-term goal of a well-conceived Revere Beach Transit-Oriented Development District,” said Mayor Arrigo. “Thanks to the support of Gov. Baker, Speaker DeLeo, Sen. Boncore, and Rep. Vincent, this will fuel the momentum happening in Revere, benefiting residents, visitors, and businesses along Ocean Avenue.”

Arrigo added that these grant monies will support the growth of Revere’s local economy by creating walkable space between the mixed-use community, centered between two T-stops. “Infrastructure improvements that advance transit-oriented development is key to a vibrant, sustainable, and attractive community that encourages residents and visitors alike to utilize public transit,” he said at the event

Secretary Mike Kennealy said these MassWorks improvements in Revere will also support increased multi-modal safety and connectivity between two prior MassWorks Infrastructure Projects at Shirley Avenue and Revere Beach Parkway. Additionally, the project will provide ancillary benefits for an adjacent 200-unit, multi-family housing development, which is currently under construction. All three private developments are located within a half mile of the Revere Beach MBTA Subway Station, and all three will advance the goals and vision of the city’s Revere Beach Transit-Oriented Development (TOD) District.

“This administration recognizes the importance of reliable, modern infrastructure to the safety and success of communities of all sizes,” said Secretary Kennealy. “This new MassWorks award builds on past grants and supports Revere’s vision for Ocean Avenue by unlocking new hotels and housing and benefiting the restaurants and businesses along Revere Beach.”

Speaker DeLeo called Ocean Avenue an important corridor in Revere, and the MassWorks grant will play an important role in improving and maintaining access to this community’s most precious natural resources – Revere Beach – as well as develop the surrounding area for current and future residents and visitors.

“The House has a long history in supporting infrastructure investments across the Commonwealth that draw visitors and support local business growth



TEACHER HIGHLIGHT:

Vincent Tarantino’s passion for science bleeds into success of his students

By Kate Anslinger

To see Vinny Tarantino leading a classroom, you would never guess that he has only been teaching high school Chemistry and Physics for a little over a year. His passion for both subjects bled into the success of his students, who often approach him to share their victories in the classroom. Tarantino discovered his love of teaching in a roundabout way, after earning a master’s degree in accounting and working as an accountant for nearly two years. Having worked as an assistant instructor at Boston Tae Kwon Do since 2009, Tarantino had experienced the joy of teaching in another capacity. While he had always loved being in a role model position, he never pursued a career in teaching, until he realized that accounting would never bring him the same joy that he found in a learning setting.

“I really enjoyed accounting in college, but I did not get the same joy out of the job or the career path,” said Tarantino, who finds excitement every day while he teaches Honors and AP Chemistry and Physics.

What do you love about teaching?

One of my favorite things is watching a student grow and accomplish something. I have students come to me all the time to share their



High School Chemistry and Physics teacher, Vincent Tarantino.

victories in all forms. Some students tell me about success in sports, other classes, video games, and even to tell me they understood my homework from the night before! It's very satisfying to think that I may have had at least a small part in their success and that they could get something out of my class that's not limited to drawing a free-body diagram or balancing chemical equations. I also spend a lot of time thinking about my subjects and how I would have wanted certain topics to be introduced to me. That's one of the things that really excites me, how can I best deliver this content to reach as many students as possible? It's forced me to really sit down and learn my subjects from as many angles as possible so that I can have a way to bring everyone in.

What do you love about teaching in Winthrop?

Winthrop is so special to me because it's where I live, went to school, and plan on living for a very long time. Teaching in Winthrop was really the only option for me when I decided to get into the profession because it's the place that I know.

Do you have a role model who inspired you to teach?

I have plenty of role models. My father, Carl Tarantino, always works as hard as he can, putting in long hours and even on holidays while never complaining. His attitude has really shown me that you need to put in the time and work hard to accomplish things - he would remind me of this every time I brought home a report card or a sub-par test from school. Another key role model is my Tae Kwon Do instructor, Jorge Alves, who really taught me that no one cares how much you know until they know how much you care. That's a teaching philosophy that he has used for many years here in Winthrop, and I keep it in mind every day while teaching at the high school. Additionally, I had many teachers in high school (who are now my co-workers) that have formed my prototype for what a good teacher should be. I hope that one day I can have a student think the same way about me that I think about my teachers.

Kate’s Corner  
Ordinary People, Extraordinary Stories

Georgeane Tacelli Coleman has been described by some as the exact name of one of the many yoga poses that she teaches...a peaceful warrior. By others, she is described as the light in a dark room, accepting of everyone in her path. As the Founder of “In the Moment Yoga,” Coleman has become a staple in the community and has built a reputation for helping others find peace physically and spiritually.

It all started in the early 2000s, when Coleman partnered up with her sisters, Richelle and Martine. The trio began offering wellness retreats, with the hopes of helping women reconnect with themselves, and detach from their busy schedules, stressful jobs, and the hamster wheel of the daily routine. During this time, Coleman was working a corporate job and in the beginning stages of raising a family and knew firsthand how stressful daily life could be for women of all backgrounds. Well aware of her love for the practice of yoga, Coleman became certified to teach, left her job in Corporate America, and began to pursue what would become a permanent fixture in her life...sharing her love of yoga with others.

In 2008, Coleman founded “In the Moment Yoga” and spread her wings in the yoga and fitness industry. Since then, her resume of classes include hot yoga, all levels yoga and Vinyasa yoga at a variety of different fitness facilities, including Oceanside Pilates and Yoga Studio, RPM Fitness, and the East Boston YMCA. Standing by her belief that yoga is beneficial in both mind and body, she also offers private and semi-private lessons as well as yoga



Georgeane Tacelli Coleman, founder of In the Moment Yoga.

therapy for individuals experiencing high stress, anxiety or depression.

“Yoga is a means to self-discovery and growth, and to me, bears endless gifts. I love that there exists this evolution of growth within and that we never stop learning, thus the name “practice.” I also love that it is for everyone.....whether drawn to the physical practice, the restorative elements, the spiritual components and even the silence, yoga is all encompassing and all-welcoming.”

If you’ve ever walked by Hannaford Park during the early morning hours of the warmer months, you’ve likely run into a group of yogis following Coleman’s lead in a Sunrise Yoga session.

“There is something magical about practicing yoga in a natural setting where you can connect with elements like the earth, the sky, the sun, the moon, and breathe fresh air,” said Coleman. “I’ve always subscribed to a strong belief in living in accordance with nature’s rhythms. Another favorite of mine are the four, two-hour classes that I hold annually in honor of the seasonal changes. I’m

grateful for the opportunity to bring people together to celebrate these powerful times of the year.”

To add to her noteworthy experience, Coleman has also shared her expertise with the Survivors by the Sea (SBTS). After losing a close friend to breast cancer at a young age, she helped launch one of the first pilot fitness training programs for breast cancer survivors.

“The Survivors by the Sea hold a very special place in my heart. They’re an incredible team of warriors spreading pure goodness and assistance to anyone in need. They are at the ready to provide medical advice, moral support, friendship, prayers, and honestly, anything else. They really have made such a remarkable difference in the quality of life for so many people going through tough times. I’ve made some wonderful friends at SBTS and thoroughly enjoy partnering with them in any way that I can, be it individual or for greater causes.”

When asked what she loves about the Town of Winthrop, Coleman mentions the hidden gem aspect, and after talking to her many practicing yogis and friends, it’s agreed that Coleman is a hidden gem herself.

“Georgeane is passionate about teaching yoga, she is driven and gentle, she works with the needs of her class and not for herself, she is very unselfish and giving, her voice is soothing but powerful, she is in complete control without appearing to be,” said yoga client and friend, Kathy Trainor.

To stay updated on her classes, please follow In the Moment Yoga on Facebook.

Metro News //CONTINUED FROM PAGE 11

and develop housing in close proximity to public transit and public recreational spaces,” said DeLeo.

Revere State Rep. RoseLee Vincent thanked the Baker Administration and Speaker DeLeo for his advocacy for this Mass-Works Grant.

“These upgrades from Eliot Circle to Shirley Avenue will enhance the quality of life for residents and visitors to Revere Beach alike,” she said. “The project the City and DCR seek to undertake includes new lighting fixtures, new crosswalks, upgraded sidewalks and a resurfaced street. Of-

tentimes, constituents contact my office concerned about the state of the sidewalks along Ocean Avenue, as well as the condition of the street itself. I believe these targeted upgrades will be a great step toward improving Ocean Ave.”



CIVILIAN POLICE ACADEMY

Beginning Monday, January 20, 2020 and continuing for the 10 weeks, the Winthrop Police Department will be offering its Civilian Police Academy to Winthrop residents age 18 and over. Winthrop Officers will instruct classes on subjects such as domestic violence, police exploring, motor vehicle law, patrol procedures, accidents, firearms awareness, gangs, juvenile and drug problems, and many other topics relevant to police work. The academy will also include a police ride-along.

This class experience is designed to bring citizens into the station and give them a clear picture of what it's like to be a Winthrop Police Officer. Also introducing citizens to the communities approach on dealing with the opiate crisis, mental health issues, and youth crime and how we partner with other organizations to achieve success. Citizens will learn a great deal about all aspects of police work and leave with a true representation of life as a police officer.

Forms can be found on our website or picked up at police station. You may drop application off at the front desk of the police station or mail it to:

Lt. Stephen Rogers  
Winthrop Police Department  
3 Metcalf Sq,  
Winthrop, MA 02152.

We will notify you of acceptance by email. Please feel free to contact Lt. Stephen Rogers at (617)846-1212 ex:2213 with any questions.

Thank you for your interest in the  
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